

# Mind Full or Mindful?

Do you sometimes find it hard to stay calm?

In the race to get everything done, have you ever found it difficult to be with your child without thinking about the next thing you have to do?

If the answer is yes – relax you are completely normal! Being a mindful parent does not always come easily. It takes practice but it is worth it in the end.

Being mindful helps us to stay calm.

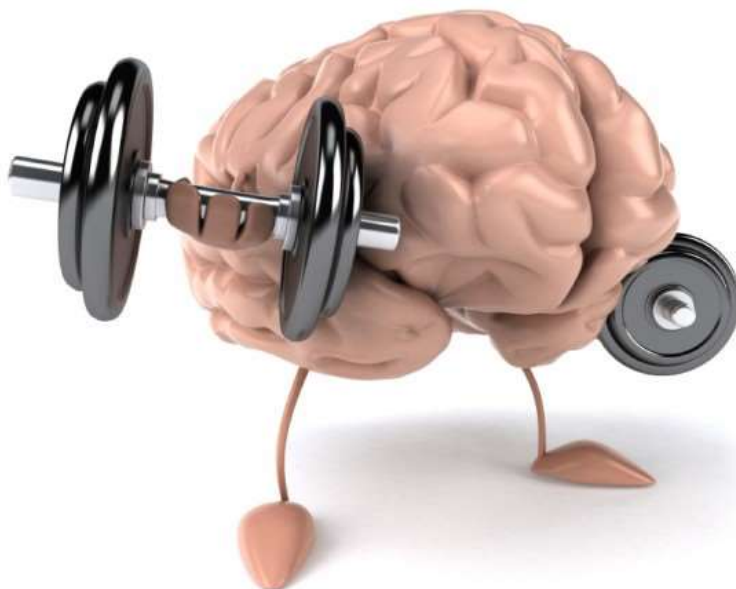
When we are in a calm state, not only are we happier, we also respond to our children in a logical and rational way rather than react to their behaviour. This reduces the frustration and stress we can experience as parents.

Parents who practise being mindful say it increases their satisfaction and encourages more fun and positive experiences with their children.

Here are some easy ways to practice mindfulness

- **STOP:** what you are doing
- **PAUSE:** take three slow breaths
- **LISTEN:** SMILING MIND ([www.smilingmind.com.au](http://www.smilingmind.com.au)) is a free online meditation program. The program is also available for download as an app to your phone and offers 5, 10 and 15 minute guided meditation commentaries. Pop your ear phones in and take five minutes out for yourself.

For further information about mindfulness, check out [peninsulamindfulness.com.au](http://peninsulamindfulness.com.au).



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